

ABSTRACT

Mei Lelawati NIM. C2014049 M.Kep Nursing Science Program	Consultants 1. Anjar Nurrohmah, S. Kep. Ns., M.Kep 2. Eska Dwi P, S.Kep. Ns., M.Kep
---	--

THE EFFECT OF ICE MASSAGE ON DISMENORE INTENSITY IN ADOLESCENT GIRLS IN SMK KOSGORO 2 SRAGEN

ABSTRACT

Introduction: Dysmenorrhea is a condition of a woman who experienced pain during menstruation. The majority of cases of dysmenorrhea in SMK Kosgoro 2 Sragen are moderate pain. Handling of non-pharmacological dysmenorrhea that can be done to reduce dysmenorrhea in this research is ice massage. **Purpose:** Knowing the effect of ice massage on the intensity of dysmenorrhea in adolescent girls in SMK Kosgoro 2 Sragen. **Method:** The research includes quantitative experimental analytic research using Pre-Experimental Design research design with One Group Pre Post Test Design approach. The sampling technique with purposive sampling is as many as 22 students. Data variables were analyzed by univariate to describe of each research variable, then in bivariate test using Wilcoxon. **Results:** The results of univariate analysis of ice massage to the intensity of dysmenorrhea in female students after ice massage therapy for 10 minutes the majority of female students experienced pain on a scale of 4 (27.3%). Wilcoxon test results on the effect of ice massage on the intensity of dysmenorrhea in adolescent girls in SMK Kosgoro 2 Sragen showed the value of Asymp. Sig. (2-tailed) (0,000) <0,05 which means that there is a significant effect of giving ice massage to the intensity of dysmenorrhea in adolescent girls in SMK Kosgoro 2 Sragen. **Conclusion:** Giving ice massage can affect the intensity of dysmenorrhea in young women in SMK Kosgoro 2 Sragen.

Key words : Intensity, dysmenorrhea, ice massage